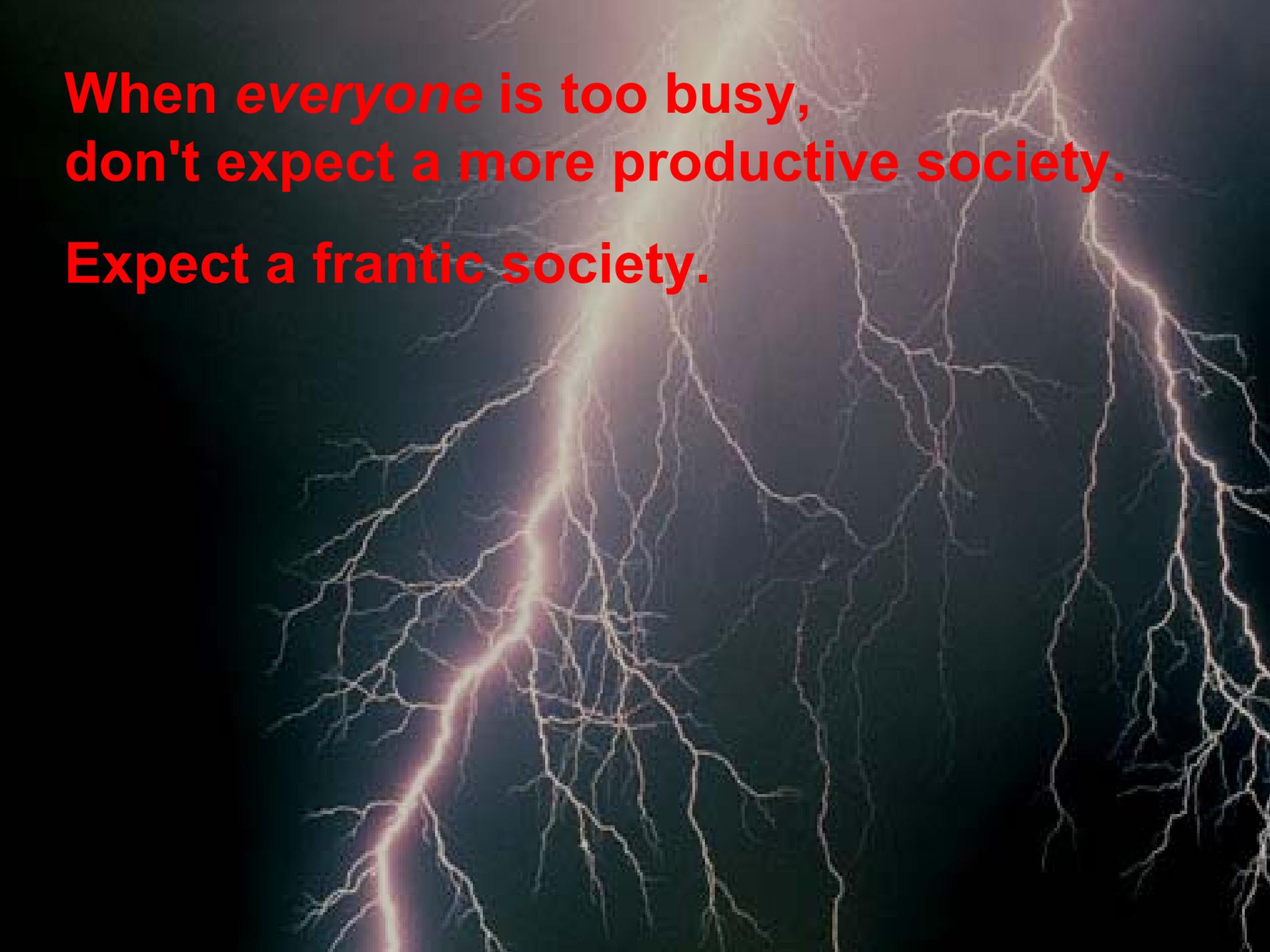


DOE

Human Resources & EEO/Diversity Symposium
June 29, 2004

Managing the Pace With Grace

with Jeff Davidson

The background of the slide is a dark, stormy sky filled with numerous bright, jagged lightning bolts striking downwards. The lightning bolts are rendered in a bright yellow and white color, creating a stark contrast against the dark, blue-black background. The bolts vary in thickness and length, some appearing as thick, central streaks while others are thinner, branching out like a tree. The overall effect is one of intense energy and chaos, which visually reinforces the text's message about a frantic society.

**When *everyone* is too busy,
don't expect a more productive society.
Expect a frantic society.**

Mega Realities -> Daily Pressures

- * Population

- * Information

- * Media growth

- * Paper

- * Choices



“The Speed of Sound:

Can communication be too easy or too cheap?’

“...more and more people feel overloaded by the demands of the incessant communication. But to say so publicly is to run afoul of the technological fundamentalism that is now dominating everywhere.

By default and without much thought it has been decided for us that communication ought to be cheap, easy, and quick.”

David Orr, *Earthlight Magazine*, Spring 2001



“We are drowning in unassimilated information most of which fits no meaningful picture of the world. In our public affairs and in our private lives we are increasingly muddleheaded because we have mistaken volume and speed of information for substance and clarity.”

It is time to consider the possibility that -- for the most part -- communication ought to be somewhat slower, more difficult, and more expensive than it is now.”

Practicing the Three Arts:

- * Doing One Thing at a Time

- * Completions

- * Paring Down

“In the early days of autos, the biggest behavioral concern was whether windshield-wiper motion mesmerized drivers.”



“When Motorola’s AM car radio debuted in 1930, its critics worried about the distraction of Benny Goodman’s clarinet. Back then, people watched a radio as it played.”

Wired, April 2002



“If I am incapable of washing dishes joyfully,
if I want to finish them quickly
so I can go and have dessert,
I will be equally incapable
of enjoying my dessert.

With the fork in my hand, I will be thinking
about what to do next, and the texture
and flavor of the dessert, together with
the pleasure of eating it, will be lost.

I will always be dragged into the future,
never able to live in the present moment.”

Thick Nhat Hanh

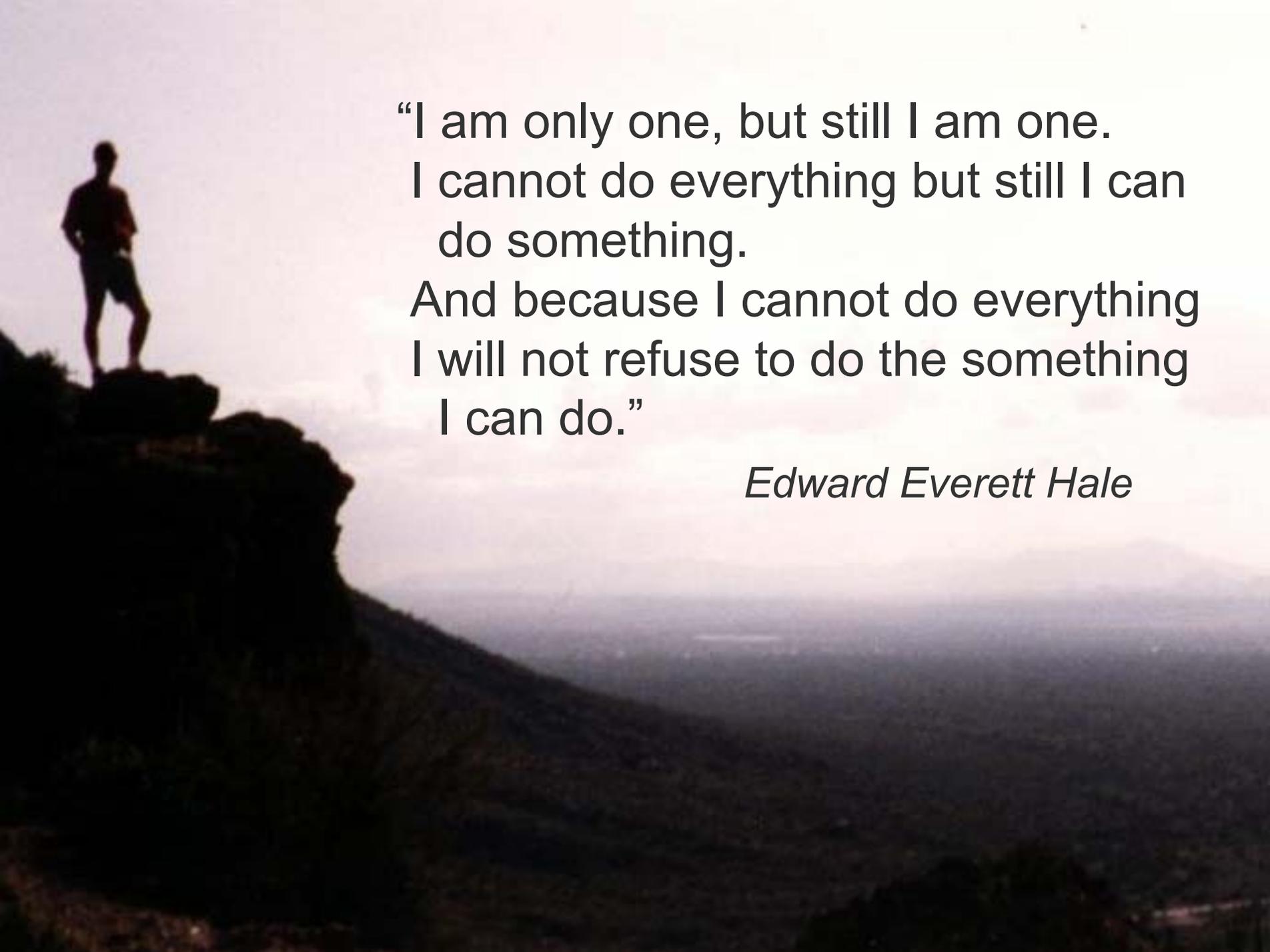
“What would it take for me to feel good about ending work at 5 p.m. today?”





**“By the end of
work on Friday,
what do I want to
accomplish...**

**...so that I can
feel good about
the weekend?”**



“I am only one, but still I am one.
I cannot do everything but still I can
do something.
And because I cannot do everything
I will not refuse to do the something
I can do.”

Edward Everett Hale